

Depression Causes

If you experience at least 5 of the 9 symptoms (listed below) the majority of the time, for at least 2 weeks, you have major depression. If you have 2 to 4 of these symptoms, you have minor depression – which means you are on your way to experience major depression.

1. Deep sadness and/or emptiness
2. Lack of interest and/or enthusiasm for daily routines
3. Agitation/irritability OR your body movements have slowed down
4. Sleep disturbances such as not being able to easily fall asleep or early morning awakenings OR you want to sleep too much or all the time
5. Weight or appetite changes such as eating to self-medicate
6. Lack of concentration or focus
7. Feelings of worthlessness
8. Morbid thoughts... preoccupation with death or symbols of death
9. Fatigue – lack of energy or running out of energy before bed time

Deadly Effects of Depression¹

- Increases risk of stroke by 50%
- Increases risk of sudden cardiac death in post-MI survivors by 2½ times
- Increases risk of heart disease in men
- Increases risk of death from cancer
- Increases risk of death from pneumonia
- Increases risk of suicide

Other Effects of Depression

- Increases risk of return to addictive behavior such as drinking
- May cause chronic headaches, either migraines or tension headaches
- May cause osteoporosis
- May cause asthma
- May decrease memory
- Increases stress hormones
- Decreases sex hormones
- Seven times more likely to become unemployed
- If you are employed a personal loss (on average) of \$10,400/year
- Loss of %35 in lifetime income
- Lifetime loss for each family that has a depressed family member of \$300,000
- Adversely affects relationships
- Increases chance that offspring will suffer depression and physical medical problems

- Increases rate of decline in physical abilities with age
- Decreases CD8 (a powerful branch of the adaptive immune system cells), Increases IgA (an antibody that plays a critical role in mucosal immunity), Decreases IgM (the first antibody to appear in response to initial exposure to antigen), impairing immune system

Causes of Major Depression

As Dr. nedley studied the causes of Major Depression, he found myriads of causes. Yet, although there are well over 100 causes, most of these fell into one of ten categories. these ten categories not only help find the causes of depression but, also help to show what is keeping someone from achieving peak mental performance. Dr. nedley found it takes four categories of “hits” being operative for mental health to decline significantly. (Note that under each category there might be three or four things active, but that still means only one “hit”).

1. Genetic

- › Family history of mental disorders

2. Developmental

- › Early puberty in girls
- › History of mental disorders in adolescence
- › Not being raised by both biological parents
- › Suffered sexual abuse

3. Lifestyle

- › Not on a regular exercise program
- › Not regularly being in daylight 30 mins a day
- › rarely breathing fresh air

4. Circadian Rhythm

- › Regular insomnia
- › Sleeping more than 9 hrs/day routinely
- › Sleeping less than 6 hrs/day routinely
- › Not having regular hours for sleeping and eating

5. Nutrition

- › Low dietary tryptophan
- › Low omega-3 fat intake
- › Low folic acid intake
- › Low vitamin B intake
- › Diet high in cholesterol, saturated fat, and sugar
- › Marked anorexia and weight loss

6. Toxic

- › High lead levels

- › High mercury levels
- › High arsenic, bismuth, or other toxin levels

7. Addiction

- › Alcohol
- › Smoker or tobacco user
- › Heavy caffeine user
- › Illicit drug user

8. Social

- › Absence of social support
- › Negative, stressful life events
- › Low social class
- › Grandparents who raise grandchildren
- › Immediate family member is an alcoholic or drug addict

9. Medical

- › Hepatitis C
- › Recent head injury
- › Stroke
- › Heart disease
- › Terminal cancer
- › Parkinson's disease
- › Uncontrolled diabetes

10. Frontal Lobe

- › On low carbohydrate diet
- › On high meat or high cheese diet or eating lots of rich food
- › Entertainment TV or movie addiction
- › Entertainment internet or chat internet addiction
- › Frequent sexual stimulation that activates right frontal lobe
- › Regular exposure to syncopate rhythm music and/or videos
- › Conscious suppression of frontal lobe activity
- › No regular abstract thinking
- › No regular Bible study
- › Going against your conscience

Your Email*

Gender*

☐☐

Age

Over the last 2 weeks, how often have you been bothered by any of the following problems?*

Not At All	Several Days	More Than Half The Days	Nearly Every Day
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Little interest or pleasure in doing things.

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Feeling down, depressed, or hopeless.

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Trouble falling or staying asleep, or sleeping too much.

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Feeling tired or having little energy.

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Poor appetite or overeating.

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Feeling bad about yourself — or that you are a failure or have let yourself or your family down.

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Trouble concentrating on things, such as reading the newspaper or watching television.

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Moving or speaking so slowly that other people have noticed? Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual.

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Thoughts that you would be better off dead or of hurting yourself in some way.

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